



Oxford Health
NHS Foundation Trust



Bucks Early Intervention Team

Physical Health Review

Why have I been invited to attend this clinic?

In the past, physical health and mental health have been treated separately.

There is now a drive for these to be thought of together.

It may be that you have not seen your GP for some time, and we would like to offer you some basic health checks.

How long will the appointment be?

We offer an hour-long appointment. You may not need this long, but allowing an hour gives you plenty of time to discuss any concerns.

What will happen at the clinic?

We will ask you some questions about your physical health, lifestyle, take your blood pressure, pulse, weight and height.

We will take some blood to do a few additional tests such as blood sugars and lipids.

Make sure you have had enough to drink on the morning of your appointment.

We may offer you an ECG (tracing to check the heart's rhythm) if this is appropriate.

What do the tests mean?

Results above or below the normal levels may be a sign of physical ill health.

Who will I see at the clinic?

Our physical health specialist will be at the clinic and perform the physical health review. We offer clinics at the Whiteleaf centre or Saffron house, alternatively we can offer home visits.

What are the benefits of attending the clinic?

The team can offer you time and space to discuss any physical health concerns and give you information about:

Smoking cessation

Diet

Exercise

Wellbeing

They can also signpost you to other support services or arrange support for you to attend your GP for any follow up.

What happens following the clinic?

The result will be sent to your GP and you will receive follow up with the GP.

Who can I contact to discuss further?

Please contact Bucks Early intervention team on 01865 901517

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address

Bucks Early Intervention Service,
Oxford Health NHS Trust
The Whiteleaf Centre
Bierton Road Aylesbury Bucks HP20 1EG.

Phone 01865 901517
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Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

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